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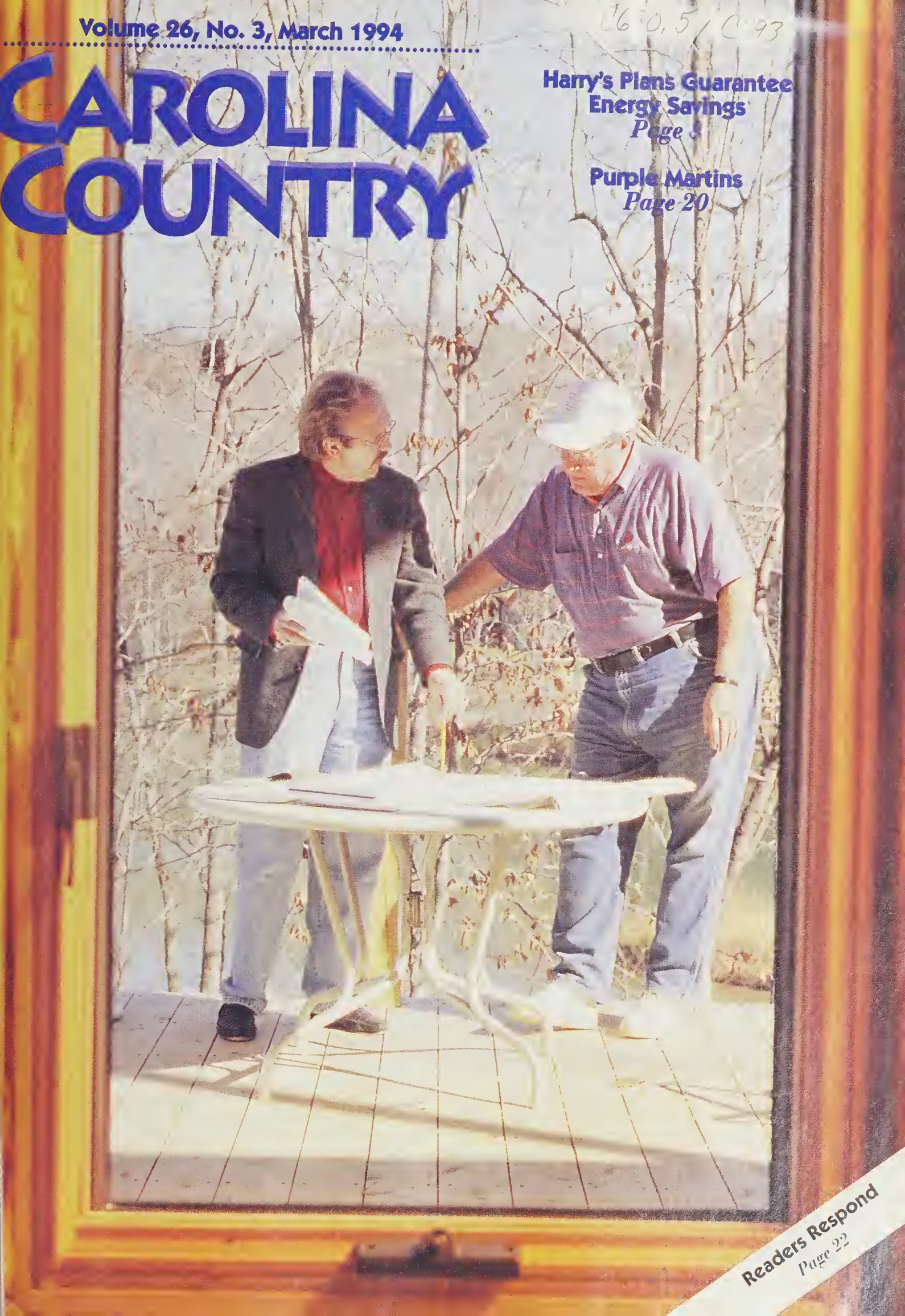
Volume 26, No. 3, March 1994

CAROLINA COUNTRY

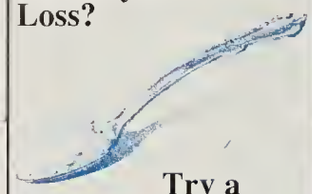
Harry's Plans Guarantee Energy Savings
Page 3

Purple Martins
Page 20



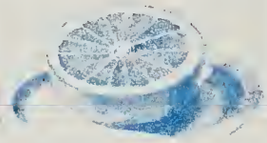
Readers Respond
Page 22

Memory Loss?



Try a spoonful of sugar!

High Blood Pressure?



Surprising effect of grapefruit!

Hiccups?

Massage your earlobes!

"1,001 Home Health Remedies"

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new 544 page book for the general public, *"1,001 Home Health Remedies."*

- Enjoy a stalk of this crunchy salad vegetable and you may help lower your blood pressure. This old Oriental remedy still works!
- Did you hear about the "health-farm diet" for arthritis? Folks who tried it got real relief from pain and lost weight, too!
- Sweet, small fruit that helps lower dangerous LDL cholesterol in just four weeks.
- Do you have stiff, achy joints? The good news is it might not be arthritis, but a common virus your doctor can treat!
- Backache? When bed rest can cause, not cure, it.
- A vitamin that may help ward off heart attacks! From research by the World Health Organization.
- Good news! Aspirin for arthritis is just as good as ibuprofen.
- Some asthma drugs do more harm than good; their names are in the book!
- Enjoying this tasty and popular nut can help cut your cholesterol by 20 points without medication! Documented at a cardiac research center in California.
- Do you suffer from lower back pain? You could be unloading your dishwasher the wrong way. Here's the right way.
- Help prevent cold sores on your lip with this common over-the-counter drug store item.
- Depression is not "all in your head!" Sometimes it's a gland problem that can be treated.
- Did you know headaches come in seven different forms? You will after you see the book of ***"1,001 Home Health Remedies."*** And there's a different home remedy for each of the seven!
- Discover the 16 ways to get rid of insomnia and get a good night's sleep – without taking sleeping pills.
- Senility from your kitchen? These six tips can help you avoid ingesting this metal through your food and water.
- Want to lose weight fast? Don't forget to eat this! It "can play a major role in weight loss," nutritionists have found.
- Can one simple mineral double your chances of surviving a heart attack? Maybe yes, doctors say – and it could save thousands of lives each year!
- Hemorrhoid relief – without embarrassing doctor visits, without surgery, without smelly drug store preparations.
- Women who take this vitamin supplement have 36 percent lower risk of heart attack. This is from a study reported by a major health organization.
- 12 easy ways to hang up on heartburn.
- Do you sometimes feel short of breath? Many people do. A new report in the British Medical Journal says you'll breathe much easier by doing this easy exercise with an ordinary balloon!
- This dietary supplement boosts the immunity of elderly adults.
- How to control embarrassing bladder leaks. From this university medical center.
- Researchers tried a certain mineral on patients with Chronic Fatigue Syndrome. The results? These tired patients reported improved energy levels, a better emotional state and less pain!
- There's a new report on "water pills;" check the book to make sure your current dose is still right for you.
- Pesky cough? If you have high blood pressure, your cough could be caused by medicine!
- Sounds crazy, but it's true. Researchers found that men and women who eat more than three meals a day have lower cholesterol than those who eat fewer than three meals a day.
- Constipation? The best natural home remedies.
- Special news for diabetics: How to lose weight, prevent gum disease, ease foot problems, even take insulin without needles!
- Why shy people are more likely to have nagging allergies.
- Allergy relief without antihistamines' side effects.
- Ringing in the ears. An easy home remedy is available at any drug store without a prescription!
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than 335,000 homes
Volume 26, No. 3, March 1994

Official Publication
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Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 600,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 Electric Membership Corporations, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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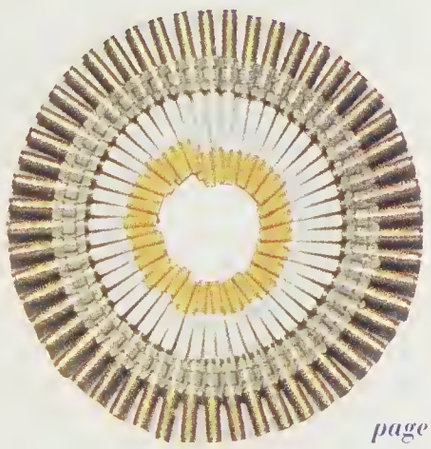
CAROLINA COUNTRY

page 11



page 14

On the Cover

Harry Boody (left) and Asheboro homeowner Gerald Hedrick discuss plans for energy-efficient heating and cooling systems. Photo by Jerry Markatos of Pittsboro.

Our View 4

Carolina Electric Cooperatives made several historic advances during 1993. Executive Vice President Wayne D. Keller summarizes what those achievements mean to electric cooperatives and their consumer-members.

Why Pay for Energy You Don't Need? 8

Acclaimed energy systems analyst and consultant Harry Boody explains how he has saved hundreds of North Carolinians thousands of dollars with his advice on sizing and installing heating, ventilating and air conditioning systems.

A Word Quiz 11

Mental Blocks by Charles Joyner.

Here, There and Everywhere 14

Events to welcome the spring.

Purple Martins 20

Purple martins begin arriving in North Carolina this month on their northward migration. You can offer them nesting sites.

Mailbox 22

Your comments on Confederate currency, the "Opry", poems, draft dodgers, bluebird boxes and more.

Hank's Gardening Guide 24

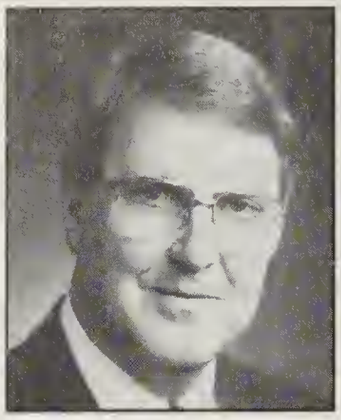
Spring gardening in full swing.

Journal 28

Who is who among the nation's pets?

Country Kitchen 30

Company's Coming Meat Loaf.



A summary of our 1993 achievements

By Wayne D. Keller

History will someday rate 1993 as a pivotal year in North Carolina's electric cooperative movement.

It was a year in which our cooperatives collectively managed to overcome long-standing obstacles that had limited our ability to achieve control over our power supply costs.

It was a year in which the cooperatives resolved to move forward with plans for achieving that goal by developing our own power supply options.

And it was a year in which we forged new relationships with other utilities that will help us develop those options in a cost-effective manner.

These developments, along with a new stability and team spirit in the Carolina Electric Cooperatives state office, and a new corporate identity, combined to dramatically improve our competitive position. As a result, we are now prepared to focus resources on enhancing our standing for the benefit of the 28 electric co-ops and the 1.6 million people we serve across the state.

Here are just a few of our key achievements in 1993:

- We set aside decades of disputes with Carolina Power & Light Company to produce an agreement that establishes a positive new relationship with CP&L. The agreement opens the way for us to develop lower-cost power supply options in CP&L territory.

- We negotiated a long-standing rate settlement with CP&L that resulted in a refund to the co-ops totalling nearly $12 million. Another aspect of the agreement will enhance the efficiency and cost-effectiveness of our load management program, because for the first time, we receive real-time information about CP&L's peak demand periods —which will help us control our energy costs.

- We resolved to expand power supply resources by establishing our first generating facilities in the Duke Power service area beginning the year 2001. The is a fast-growing part of the state with high growth in power requirements.

- We demonstrated a new sense of unity and teamwork by rallying behind a new corporate name and identity, Carolina Electric Cooperatives, which encompasses all 28 electric cooperatives and the three state office organizations that serve them.

- We pulled together as never before to cope with the crises caused by the "storm of the century" and Hurricane Emily. We don't hope for natural disasters and emergencies, but when they occur we are prepared to respond in a coordinated way anywhere in the state to restore service quickly and safely.

- We strengthened the co-ops' economic development efforts by adopting new rate incentives and taking other steps to help entice new and expanding businesses into co-op territories. Among those steps was the creation of a business development fund offering co-ops matching funds to help finance economic development projects.

- We provided financial support for programs that will boost rural development throughout North Carolina, including substantial support of the Global Transpark project in Lenoir County and the North Carolina Enterprise Corporation.

- Our centralized purchasing and supply cooperative, the Tarheel Electric Membership Association, refunded $895,933 in capital credits to member cooperatives.

- TEMA also recorded new records sales and shipping volume. Sales total $37 million, with 17 million pounds o equipment shipped, reflecting the cont ued growth of communities we serve.

- We took preliminary steps to esta lish a self-insured workers compensati program that will substantially reduce insurance costs, beginning in 1994.

- We launched an effort that will s the co-ops millions of dollars a year by refinancing the state organization's hig cost debt at lower rates. The co-ops co begin benefitting from these savings a early as 1994.

As North Carolina grows —and all indications point to vigorous growth i most areas— our industry will remain very competitive. Growth and compet tion will bring more challenges and opportunities than we have faced in th past.

North Carolina's electric cooperativ can take pride in the fact that we are stronger position to meet the challeng and weigh our options in the marketp than ever before in our history. We ar financially stable and have the trust o our consumer-members.

The strength of this organization is the local control and expertise of each our independent cooperatives. Collectively, that strength places us in an ex lent position to accept our expanded roles, and to perform well for the ben of those we serve in 1994 and well in the future.

Wayne D. Keller is executive vice p ident of Carolina Electric Cooperativ

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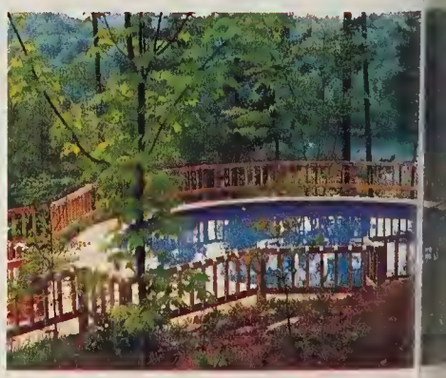

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How does he do that?

Harry Boody guarantees energy savings

Text by Michael E.C. Gery
Photos by Jerry Markatos

Energy systems consultant Harry Boody *(above left)* discusses plans with homeowner and builder Gerald Hedrick. Boody will guarantee that his energy systems design for Hedrick's new 5,300-square-foot house in Asheboro will not average more than $70 per month in electricity to heat and cool year-round at comfortable thermostat settings and current prices.

Rate and service data were provided by Darrell Hunter, manager of energy services for Randolph Electric Membership Corporation, which serves Hedrick's part of Asheboro.

During one of his quality control checks of this project, Boody corrected this window installation. Fiberglass insulation should not be stuffed around windows. ("It's like stuffing glass fibers in there.") Foam rubber weatherstripping works much better.

Once Gerald and Ann Hedrick move into their new 5,300-square-foot house in Asheboro, they expect to pay less than $70 per month in electricity to heat and cool it year-round.

In Ocean Isle, Jim and Mary Taylor will not pay more than $39 per month on average in electricity bills to heat and cool their new 2,000-square-foot home.

When Joe and Eunice Dudley replace the heating-air conditioning system in their 9-year-old, 10,000-square-foot estate in Kernersville, the average heating and cooling operating cost for their all-electric system will be less than $168 per month

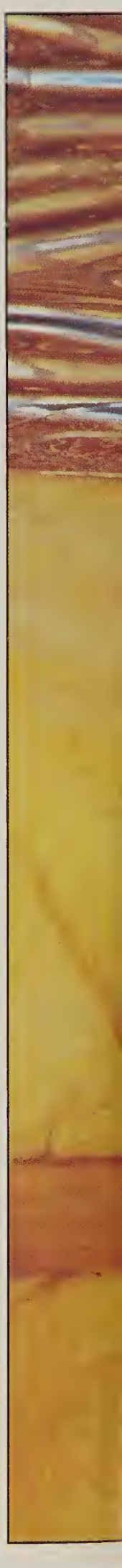
The electric cooperatives serving those houses —respectively, Randolph Electric Membership Corporation, Brunswick Electric Membership Corporation, and Davidson Electric Membership Corporation— encourage such low monthly bills. Efficient use of energy helps electric co-ops control their power purchases and keep rates to consumer-members as low as possible.

How can anyone keep electric bills so low in these houses?

Harry Boody has some answers.

Boody is an energy systems analyst and consultant in Jamestown, near Greensboro. Since 1979 he has designed heat-ventilation-air conditioning systems (HVAC) for more than 1,300 houses and commercial buildings in North Carolina. Their owners boast of having among the lowest heating and cooling bills in the state. Boody has won every major energy

*See **Harry**, page 10*



You can actually see through the hole below the stud *(left)*. The hole forms a "thermal short circuit" that acts like a leak in your car's gas tank. You end up paying for energy you don't use. It should be caulked. Also, if you place a vapor barrier over that hole, a warm spot comes in contact with a cold spot that can cause moisture condensation on the insulation. Moisture in insulation reduces or eliminates its effectiveness and will actually conduct heat.

Compression of the fiberglass insulation should be avoided. It does reduce the effect of insulation, but realistically, you can't eliminate all compression.

Insulation should be custom cut to fit the cavity exactly. Don't install more insulation than the thickness of the cavity. Insulation should never be squeezed and pressed into a cavity. The rated R-value is only achieved at its rated thickness.

Any rips and tears in a vapor barrier *(top)* must be patched, according to minimum state building code.

The aluminized, reflective polyethylene vapor barrier *(above)* is one of Boody's trademark recommendations. Originally designed by NASA engineers, it is material similar to that seen as a liner in some potato chip bags. Some builders and designers do not agree, but Boody is unyielding in defending its effect. He cites professional standards that state a reflective air barrier placed over an air gap can generate up to triple the R-value of non-reflective barriers. Conduction does not occur to the sheetrock, Boody says, because the vapor barrier's aluminized side faces the insulation and the polyethylene side faces the sheetrock.

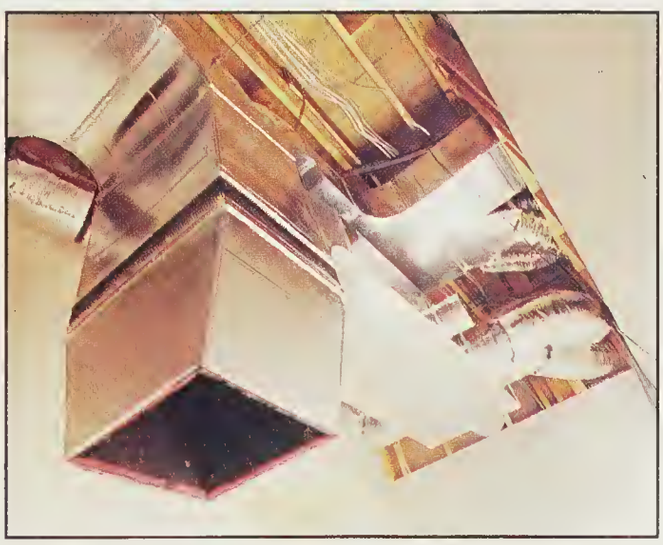
The vapor barrier here is installed by Dean Richardson over all unfaced fiberglass batt insulation on exterior walls. It must be installed without rips, and cut tight to objects such as electrical outlets and windows.

Sheetrock should be pre-cut, then installed over the vapor barrier to avoid rips.

Below the lined sheetmetal duct *(below)* is where the air handler will be installed. The view is from basement level looking up.

Boody specifies varying sizes of components for HVAC systems. "I rely heavily on moving a minimum amount of air at a low velocity through the air distribution system. Think about blowing slowly on your own hand: notice how you get a warmer air flow than if you blow harder."

The pink material is a mold-resistant duct liner, glued and pinned securely, with a durable outside surface. The liner is durable and does not send fibers into the air stream which enhances the indoor air quality of the house. Proper filtration of all air flow is also a key ingredient.



Boody's HVAC systems are designed in trunk lines: trunk ducts carry air to each zone of a building, where smaller branch ducts convey conditioned air to living spaces. All trunk lines, as seen here, are designed to match exactly the amount of air flow that is required for the living space.

"All this duct work has smooth radius turns to reduce the resistance of air flow. Air can move more efficiently if the static pressure is lower; in other words, high blood pressure is not good for the heart."

See ***Photos****, page 10*

Photos, continued from page 9

Boody recommends stricter standards on installing flexible ducts *(above)*. "Flex duct has a bad name because of the way it's been installed. It's not uncommon to see it installed like cooked spaghetti. Flex duct must be installed straight and supported by straps and not crimped."

High-grade, insulated, flexible ducts can offer less energy loss than rigid metal ducts if properly installed. Turns should have hard, sheetmetal elbows to allow full air flow. All flex duct must be supported by straps at least every 32 inches.

Window casing *(above)* is sealed with foam rubber weatherstripping. Manufacturers test windows and rate them for energy efficiency using foam rubber. Foam fills every gap and it doesn't impede the opening and closing of a window.

Windows must be hung plumb and square. Otherwise they are stressed one way or another, and the weatherstripping won't perform as it should.

Do not paint or stain the weatherstripping. And after construction, rub all the burrs off the stripping.

Harry, continued from page 8

award in the state, including the Governor's Energy Achievement Award two years consecutively.

Energy Innovations by Harry Boody takes a scientific approach to designing and building energy efficient structures. Applying roughly 10,000 calculations, 65 years of weather data, proven air flow data, local utility rates, building costs, equipment costs and interest rates, Boody can specify a building's insulation and energy system, and determine how the investment can pay for itself in energy cost savings.

And, he guarantees his calculation. Quoting the maximum energy use for each of the 1,300 systems he has specified in 14 years, Boody's guarantee has never failed. He has a drawer full of testimonial letters.

One of Boody's abiding principles is to design HVAC systems to meet the expected energy load of each building: "An energy-efficient 'envelope' of a house actually lowers the capacity of HVAC equipment you need."

Envelopes and systems must minimize the effects of conduction, convection, heat radiation and infiltration of air. Insulation, windows and doors must be properly installed. ("About 80 percent of heating and insulation systems in this state don't perform as they should because they were not installed correctly," Boody says in his give-'em-hell-Harry style.)

"Twenty years ago," Boody says, "there were no energy-efficiency building code standards in North Carolina. If you built a big house with hardly any insulation, you needed a big system to heat it. Today, if you meet minimum code standards and use efficient materials and install heating systems properly, you can live very well with much smaller HVAC systems.

"It's not uncommon for my homes to have 50 percent less mechanical equipment. Why pay for the future maintenance and upkeep if you don't need to?" he adds.

Another key to energy-efficient building, Boody says, is to inspect the work. He closely watches all subcontractors to ensure materials and equipment are installed exactly as he specifies.

North Carolina instituted minimum energy efficiency standards in its buildin code in April 1993, but Boody says inspectors have so much to examine thes days, they miss a lot.

Homeowners themselves cause some their own problems: "Consumers generally are not educated about efficiency. Sometimes they just want the house so badly, or they want to cut their up-front building costs, that they settle for less efficiency."

Boody's work shows that total energy efficiency pays for itself, and returns money invested, in energy savings alone. Virtually every home he works on shows an immediate positive cash flow return.

Wasteful energy use in buildings will subside, Boody says, when performance regulations are established. "Like in cars," he says. "If it says 25 MPG and you get 15 MPG, you know something is wrong."

About 90 percent of the HVAC systems Boody specifies are electric heat pumps, "because of their lower cost of installation and operation, flexibility in modifying their size for homes, and the durability."

"Electric utilities should want to see my systems," he says. "A house with thi design concept is a natural load control device. The maximum HVAC consumption usually occurs in the off-peak [whe overall power demand is low]. It's an automatic win-win situation for the homeowner and the power company. A it's a cooperative effort to use energy resources efficiently. If we don't, we're selling our children's future short."

For more information, contact Energ Innovations by Harry Boody, P.O. Box 464, 503 Mendenhall Rd., Jamestown, N.C. 27282. Phone and fax: (910) 454-5549.

Efficiency Guide

Carolina Electric Cooperatives residential marketing program supports the state's electric co-operatives' efforts hat encourage consumer members to use nergy efficiently at home. Following are he cooperatives' standards and guidelines or construction and renovation of homes. For more information, contact your electric ooperative or Sandy Perry, director of residential marketing, Carolina Electric Cooperatives, P.O. Box 27306, Raleigh, N.C. 27611.

Thermal Envelope

nsulation:
Ceiling: R-30
Walls (total components, with continuous vapor barrier): R-16
loor: R-19
lab on grade, perimeter: R-6
uct work (including boot): R-6.5
utside doors, insulated or storm
indows, insulated or storm, limited to 15 % of the conditioned floor area
ttic ventilation, one square foot free per 150 square feet of attic area

IAX® Home

The Maximum Value Home or MAX Home Program omponents include all of the thermal envelope compoents listed above, as well as a high-efficiency heat mp or Comfort Machine and a qualifying electric ater heater.

omfort Machine®

A Comfort Machine is a heat pump with a SEER ting of 11.0+. The SEER is the Seasonal Energy Effiency Ratio.

Have the heat pump installed by an authorized omfort Machine dealer. An authorized dealer can size e equipment by performing a heat gain and heat loss lculation. The dealer also will inspect your duct work ensure it's designed and installed properly with seams d joints sealed with a permanent finish sealer to minize leakage.

ater Heater

Select an efficient electric water heater large enough meet your family's needs.

ppliances

Major appliances by law must meet minimum ergy efficiency levels. You also can find refrigerators, ezers and room air conditioners which are more effint than the minimum levels. Compare annual operatg costs to find the most efficient models.

ghting

Incorporate fluorescent lighting for interior applicans where appropriate. Use high efficiency lamps for tside applications.

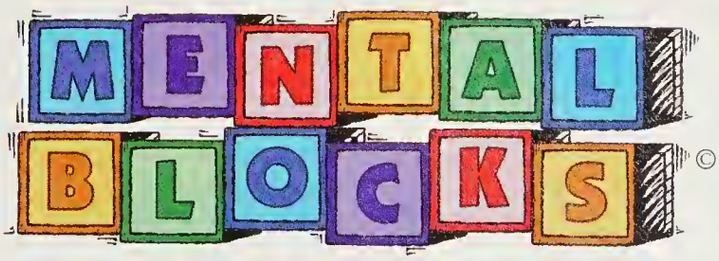
ak Load Management

Enroll in your cooperative's peak load management ogram. As a participant, you agree to let your electric op occasionally interrupt power to your central air nditioner or heat pump, and electric water heater for ef periods. This allows Carolina Electric Cooperatives lower the demand for electricity on days when use is gh. The savings realized by the cooperative can then passed on to our members by keeping rates as low as ssible.

her

Incorporate renewable energy sources such as ive or passive solar when possible. Include an ine recycling center for bottles, cans and newspapers. low-flow faucet aerators, showerheads and low ter usage toilets.

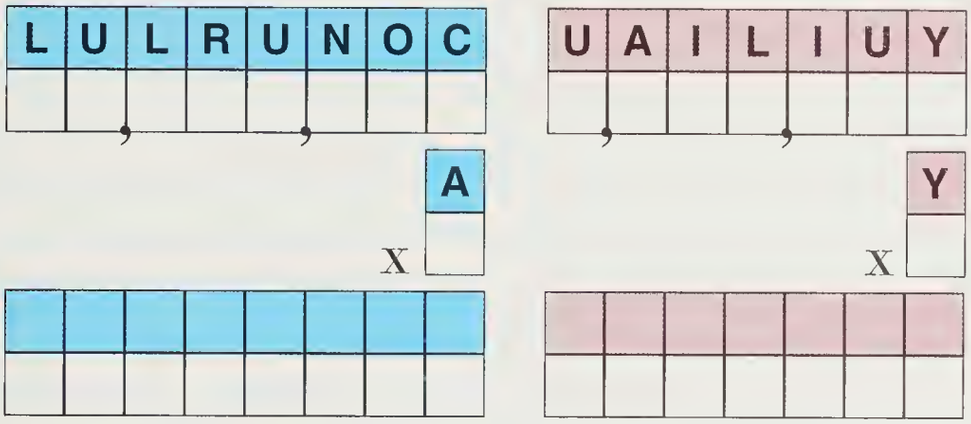
A word game



by Charles Joyner

O	I	T	R	U	L	Y	C	A	N
4	8	0	7	1	3	5	6	2	9

Substitute the blocks above in the two multiplication problems below to find two hidden words.



Charles Joyner lives in Hendersonville. Answer on page 15.

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Address _____
City _____
State _____ Zip _____

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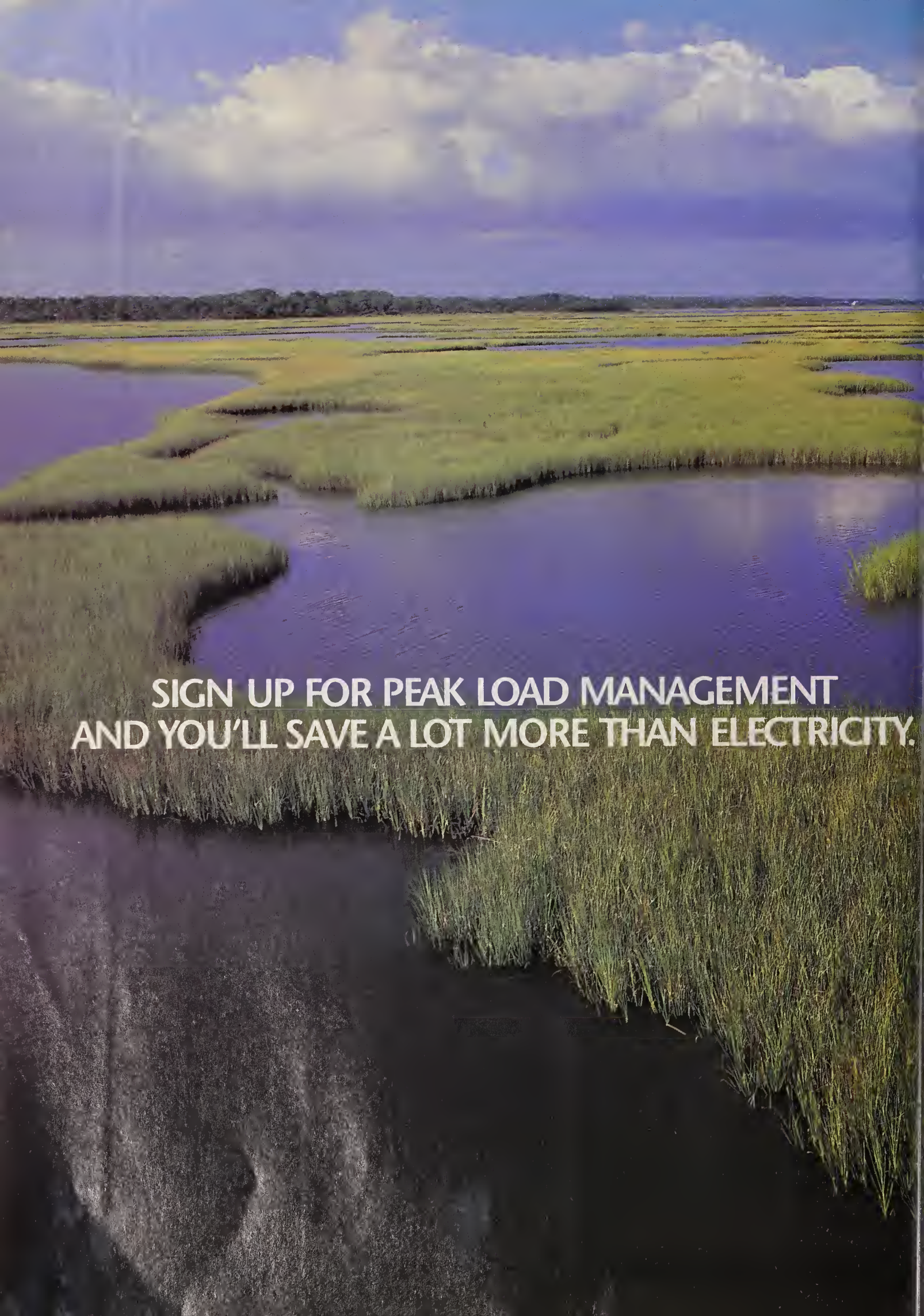

SIGN UP FOR PEAK LOAD MANAGEMENT
AND YOU'LL SAVE A LOT MORE THAN ELECTRICITY.

PEAK LOAD MANAGEMENT. ANOTHER WAY TO PITCH IN.

It takes a lot of resources to build power plants and make electricity.

That's why, right now, signing up for Peak Load Management is one of the most important things you can do for the environment.

And it's so easy.

All you need to do is make one quick call to your electric co-op.

By allowing us to occasionally interrupt power to your central air conditioner or heat pump and electric water heater, we can help hold down peak demand on days when there's high energy use.

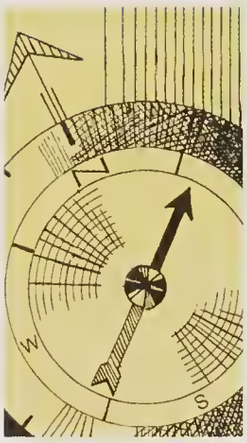
This, in turn, will delay the need to build expensive new power plants. And it will help keep electric bills down.

Call now and sign up.

And if you're already recycling for the environment, look at Peak Load Management this way—it's another way to pitch in, and it's a whole lot easier.

CAROLINA Electric Cooperatives

Here, There and Everywhere



Around the state in March and early April.

State Historic Sites

March

In March: CSS Neuse, Regional History Bowl. **March 9:** Bennett Place, Regional History Bowl. **March 14:** Charlotte Hawkins Brown Memorial, Regional History Bowl. **March 21:** Fort Dobbs, Regional History Bowl. **March 12-13:** Bentonville Battleground. The Civil War from the civilian perspective. Programs on clothing, foodways, and aid societies. **Mid-March:** Historic Edenton, a one-day winter workshop: Historic Samplers. Make your own sampler while learning the history of samplers. **Mid-March:** Elizabeth II. The sailing ship may be away from its home port of Manteo on short voyages. **March 23:** Aycock Birthplace. Daffodil Festival Open House. Spinning, weaving and other living history demonstrations. **March 28:** Vance Birthplace, Regional History Bowl. Contact Historic Sites, 109 E. Jones St., Raleigh, N.C. 27601-2807. Phone: (919) 733-5722.

Burlington Antiques Fair

March 18-20, Burlington

Several antiques will be raffled off on March 20. Proceeds benefit scholarships and loans for students in health careers and for health education in Alamance and Caswell counties.The annual fair is sponsored by the Alamance-Caswell Medical Society Auxiliary. Contact Peggy Stallworth, 445 Fieldstone Drive, Burlington, N.C. 27215. Phone: (910) 584-7640.

Battle of Guilford Courthouse

March 19-20, Greensboro

A re-enactment of the Battle of Guilford Courthouse featuring a cast of over 250 actors representing both British and American soldiers. Includes 18th Century tactical demonstrations and domestic skills. Admission is free to Tannenbaum Park. Contact Mildred R. James, 8833 Colgate Rd., Stokesdale, N.C. 27357. Or call Adrianne Byrd, (910) 288-8259.

Public TV Festival '94

Through March 20, UNC-TV

Specials during North Carolina public TV's annual fundraiser broadcast include video visits to Lake Toxaway's Greystone Inn, Asheville's Richmond Hill Inn, Pittsboro's Fearrington House and Valle Crucis' Mast Farm Inn (March 5); Charles Kuralt and Loonis McGlohon's "North Carolina Is My Home" (March 12); James Taylor's "Squibnocket" (March 12) and more. Contact UNC-TV, P.O. Box 14900, Research Triangle Park, N.C. 27709-4900. Phone: (919) 549-7171.

Bob Timberlake Retrospective

Through March 24, Lexington

Retrospective of work by popular North Carolina artist Bob Timberlake includes early childhood drawings, memorabilia, props used in paintings, some 30 pieces from private collections and new furniture. The 18 by 24-inch poster, tax included, costs $15.90 unsigned and $53 signed (first 100 only).

Art made of cigarettes and dried tobacco leaves document artist Donald Lipski's 30 years of smoking. On display at the Southeastern Center for Contemporary Art, Winston-Salem, through April 17.

A Stephanie Santmyers quilt featured at the Southeastern Center for Contemporary Art "Artist Fellow Exhibition" in Winston-Salem through April 10.

The poster for the Timberlake Retrospective in Lexington (through March 24) employs this watercolor, "Spring Surprise," by Bob Timberlake.

Add $4 each for shipping. Order from Davidson County Museum of Art, 224 South Main St., Davidson, N.C. 27292 (no phone orders). Exhibit runs through March 24 and is open weekdays 10 a.m. to 4:30 p.m. Phone: (704) 249-2742.

Painting the Maya Universe

Through March 27, Durham

The exhibition "Painting the Maya Universe: Royal Ceramics of the Classic Period" at the Duke Art Museum. The exhibit is based on findings from the book of the same title by Dorie Reents-Budet. Contact Virginia Boyd, Duke University, Box 90563, Durham, N.C. 27708-0563. Phone: (919) 681-8065.

New Bern homes tour

April 8-9, New Bern

Examples of pre-Revolutionary dwellings, Colonial Revival, Federal, Georgian and Greek architecture, plus historic churches, private gardens and the Tryon Palace formal gardens with 30,000 tulips in bloom. Tour includes a Federal period house purchased by the New Bern Preservation Foundation undergoing restoration. Advance tickets are $12; $15 the day of the tour. For more information, or to book a tour of 25 or more at a 10 percent discount, contact the New Bern Spring Historic Homes and Garden Tour, P.O. Box 207, New Bern, N.C. 28563. Phone: (919) 633-6448.

Artist Fellowships Exhibition 1993/94

Through April 10, Winston-Salem

The Southeastern Center for Contemporary Art (SECCA) hosts the "North Carolina Arts Council Artist Fellowships Exhibition 1993-94," an exhibition of work by sculptors Ronnie Barber, Harry McDaniel and Ann Rowles; painters Vandorn Hinnant, Bonnie Melton, and Brian Thompson; photographer and videographer Carolyn DeMeritt; and fiber artist Stephanie Santmyers. "Pieced and Painted," an exhibition by elementary school art students based on the work of Bonnie Melton and Stephanie Santmyers will run April 11-25. SECCA hours are Tuesday-Saturday, 10 a.m. to 5 p.m.; Sunday 2-5 p.m. Closed Mondays. For more information contact Virginia Rutter, SECCA, 750 Marguerite Dr., Winston-Salem, N.C. 27106. Phone: (919) 725-1904.

Artist and the Community Series

Through April 17, Winston-Salem

The Southeastern Center for Contemporary Art (SECCA) hosts Donald Lipski's "Oral History," comprised of two major sections: "Tobaccolage," dried tobacco leaves, cigarettes and other tobacco-related projects in conjunction with a range of mundane objects, and "The Humidors," 30 display cases filled with cigarettes, documenting his 30 years of smoking. This is the first project in the "Artist and the Community," a series which features a series of artist residencies resulting in the creation of new work. Contact SECCA, 750 Marguerite Dr., Winston-Salem, N.C. 27106. Phone: (910) 725-1904.

Turkey lovers' recipes

By April 1

Call for entries. Contestants must be ages 12-18. Recipes can be appetizers, salads, entrees, sandwiches, and snacks as long as the recipe contains at least a pound of fresh or fully-cooked turkey meat and serves 4-8 people. Five prizes will be awarded with a grand prize of $2,000. An additional $500 will be given to any winner from North Carolina. Contact Turkey Lovers' Recipe Contest, National Turkey Federation, 11319 Sunset Hills Rd., Reston, Va. 22090. Phone: (703) 435-7209.

Deadlines

Deadlines for submitting notices to "Here, There and Everywhere."

May issue .....March 25
June issue.....April 25
July issue.....May 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Answers to

From page 11

L	U	L	R	U	N	O	C
3	1	3	7	1	9	4	6

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	X	2

C	A	R	O	L	I	N	A
6	2	7	4	3	8	9	2

U	A	I	L	I	U	Y
1	2	8	3	8	1	5

		Y
	X	5

C	O	U	N	T	R	Y
6	4	1	9	0	7	5

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Focus

January cold affected regional power supply *(page 17).*

Montgomery County publishes second "Heritage" book

As though trying to make up for long-lost records, Montgomery County has produced history books instead.

Official county records for the first 64 years of Montgomery County, through 1843, burned in a courthouse fire.

The Jim McAuley house, Montgomery County, 1885.

But a devoted committee of nine county citizens, led by editor Rosemary King Huntley, has compiled the county's second oversized volume of local history, produced in conjunction with the Charlotte-based Delmar Printing Company's "Heritage Book Collection."

"The Heritage of Montgomery County, N.C., Vol. II" is the third county history book available from the Montgomery County Historical Society. The first was Mabel Lassiter's "Patterns of Timeless Moments."

Volume II includes subjects not fully covered in the other two books and adds or updates family histories not contained in Volume I.

Coverage begins with the "wandering courthouse" stories of how the county seat was moved at least five times before settling at Troy in 1844. Other accounts are published as they were in their original telling, some from newspapers or books, others written expressly for this volume. They range from histories of sport clubs and general stores to communities and churches. There are 549 family histories.

The book has 583 pages, is illustrated and printed in hardcover. The price for Volume II is the same as for the 1981 Volume I (also available): $50 plus $7.50 for shipping from Montgomery County Historical Society, P.O. Box 644, Troy, N.C. 27371.

High Point is proud of its new furniture and doll museums

FURNITURE DISCOVERY CENTER

N.C. Division of Travel & Tourism

High Point's furniture museum.

High Point's new museums, the Furniture Discovery Center and the Angela Peterson Doll & Miniature Museum, have been open a little longer than a year and have already attracted over 26,000 visitors, according to the High Point Convention & Visitors Bureau.

The Furniture Discovery Center is the nation's only museum devoted to the design and manufacture of home furnishings. The 8,000 square-foot center offers a self-guided tour of the making of furniture, simulating a modern day furniture factory. The tour guides visitors through all manufacturing processes from rough lumber and forestry to production and packaging of the finished product. Totally hands-on, the museum encourages the visitors to try out an air-powered screwdriver, sprayer and stapler. Special exhibits include a talking red oak tree, a fabric designing computer, a collection of the famous Serta Miniature Bedrooms and the Furniture Hall of Fame, featuring the pioneers of the furniture industry.

The Angela Peterson Doll and Miniature Museum is the South's largest doll museum. Consisting of over 2,500 pieces and including over 1,600 dolls, the museum features the entire life collection of Angela Peterson who was originally from West Virginia.

Dolls are of every variety and period, dating from the 15th Century to modern day collectibles. The collection also includes artifacts and costumes from Mrs. Peterson's travels to over 40 countries. Special exhibits include a 6-foot miniature mobile home, three couples of dressed "fleas" seen under a magnifying glass, over 120 Shirley Temple dolls, a doll house village with 15 houses, and a creche scene with 50 dolls dating back 500 years.

For information about hours and

ours, contact the Furniture Discovery Center at (910) 884-5255.

January's record cold threatened power supply

The third week of 1994 was the coldest ever for several Eastern states, including North Carolina, causing such a strain on supplies of electricity and natural gas that utilities asked people to stay home from work and keep their thermostats turned low.

It was too cold for federal government workers in Washington, D.C., to go to work for a day and a half; Pennsylvania's governor declared the entire state an emergency area, asking businesses to stay closed.

Utilities shut off power to more than 1 million business and residential customers for 30-minute rolling blocks in an effort to force conservation.

The power grid that serves more than 11 million customers in Maryland, New Jersey and Pennsylvania, as well as Washington, D.C., and parts of Virginia and Delaware, ran low on power, even after buying surplus electricity from New York, New England and Ontario.

North Carolina's electric cooperatives affected by the "rolling blackouts" the third week of January were those whose wholesale power comes from North Carolina Power. Only two actually experienced the temporary blackout: Edgecombe-Martin County Electric Membership Corporation and Roanoke Electric Membership Corporation.

Because the cold front stretched from Maine to Georgia and west to Illinois, with record temperatures everywhere, few states had surplus energy to sell. As many people stayed home to avoid the ice and cold, many others continued to go to work, putting a double strain on utility reserve power. The mayor of Washington, D.C., ordered businesses in that city to close for a day to avoid the need for continued "rolling blackouts."

The conservation measures worked, according to Bruce Balmat, spokesman for the mid-Atlantic power grid.

By the end of the week, businesses had re-opened and people forced by ice and snow to stay indoors had begun to dig themselves out.

N.C. AIDS cases rose by 43% in one year

Diagnosed cases of AIDS in North Carolina rose by 43 percent last year, and the number will continue to climb, according to an infectious diseases expert at the University of North Carolina School of Medicine.

"What we're seeing now reflects behaviors of 10 and 12 years ago," said Dr. Myron Cohen, professor of medicine and chief of the division of infectious diseases at UNC-Chapel Hill. "We're now seeing patients who have been HIV-infected for a long period of time developing AIDS. And unfortunately, those behaviors that led to the HIV infections haven't changed very much since then."

According to the HIV/STD Control Branch's surveillance program, 4,151 AIDS cases had been diagnosed in the state by the end of 1993. That compares with 2,910 cases at the end of 1992.

Of the state's new adult and adolescent AIDS cases, 583, or 14 percent, were women, an increase of 3 percent from the previous year.

The percentage of AIDS patients who were minorities also grew. Fifty-seven percent of those affected with the disease are black, up from 55 percent in 1992.

Cohen attributed the growing percentage more to socioeconomic factors than to race. "This really doesn't have very much to do with race," he said. "It's simply that in some communities, HIV has a stronger foothold, and that means the epidemic will continue to explode in that arena. Because of the transmission of the infection by drug use, poorer communities — and in this state, frequently that means African-American communities — are far more susceptible to AIDS."

"A Gift to America" opens in Raleigh

The North Carolina Museum of Art is the nation's first venue of a special exhibition of Old Master paintings. "A Gift to America: Masterpieces of European Painting from the Samuel H. Kress Collection" opened in Raleigh in February.

University of Arizona Museum of Art

"The Countess von Schonfeld With Her Daughter," by LeBrun

The collection features four centuries of European paintings acquired by museums across the country through the generosity of Samuel H. Kress, founder of the S. H. Kress & Co. five-and-dime stores. A self-made millionaire and avid art collector, Kress amassed the nation's premier collection of European paintings from the 13th through the 19th centuries. In a series of donations from the 1930s into the 1960s, Kress and later the Kress Foundation, gave his collection of more than 3,000 works of art to 96 museums, universities and other institutions across America. Viewed together, these donations constitute the single most important gift of art in the nation's history.

The North Carolina Museum of Art reaped the benefits of Kress's generosity when it received the second largest donation from the Kress collection. (The National Gallery of Art in Washington, D.C., received the largest gift.) In 1947, the North Carolina General Assembly appropriated $1 million for the purchase of works of art to establish a state art collection; this appropriation was contingent on a matching gift from Kress, who agreed to donate $1 million in works of art. When handed over to the museum in 1960, Kress's gift of 75 paintings and sculpture was actually valued at more than $2 million. The Kress gift and the works purchased with the $1 million match are the core of what is today the finest art collection in the southeastern United States.

"A Gift to America" will travel to three other institutions across the nation: The Museum of Fine Arts in Houston, the Seattle Art Museum, and the Fine Arts Museums of San Francisco. The exhibition was co-organized by N.C. Museum of Art curator of European art David Steel and by curators from the three other venues.

National spotlight on Charlotte in Apr

North Carolina's largest city will be in the media and economic spotlight April 2-4 when Charlotte hosts the 1994 NCAA Division I Men's Final Four Basketball Championship at the Charlotte Coliseum.

According to figures compiled by the Charlotte Convention and Visitors Bureau, the 1994 NCAA Final Four is projected to have an economic impact of $33 million on the Charlotte region. These figures are based on an estimate of 50,000 out-of-town visitors coming to Charlotte for college basketball's national championship. The NCAA estimates that for each of the 22,876 individuals who can attend the games at the Charlotte Coliseum, there will be at least one additional person traveling to Charlotte in search of a ticket.

Charlotte area hotels participating in the official NCAA room blocks are assured of four-night guarantees with payment expected in advance of the event. Hotels and motels as far away as Greenville, S. C. and Winston-Salem have reported calls from visitors looking for housing during the Final Four weekend. A private housing network has been established in Charlotte to accommodate the increased demand for sleeping rooms.

The Charlotte region also will benefit from the media exposure generated by the 1994 NCAA Final Four. Based on Nielsen ratings from last year's championship, the CBS Sports telecasts of the Final Four basketball games will be seen by an estimated audience of more than 50 million people. Based on international television distribution of the 1993 NCAA Final Four, the potential worldwide viewership of the 1994 Final Four could exceed two billion people.

In addition to the television viewership, hundreds of media representatives will be credentialed by the NCAA to cover the Final Four basketball games at the Charlotte Coliseum. Additional media outlets will send representatives to Charlotte to cover a wide variety of other Final Four activities, including the 3,000-person National Association of Basketball Coaches (NABC) annual convention. The NCAA/CBS Radio Network broadcasts the Final Four games to nearly 500 radio stations across the country and another 400 outlets around the world via Armed Forces Radio.

A sports and business hub

Charlotte is fast becoming a national sports hub. In late 1993, the National Football League unanimously selected the Charlotte Panthers as the 29th team in the league. The Panthers are scheduled to begin play in 1995 in a new 72,000-seat stadium in uptown Charlotte.

The Charlotte Hornets have led the National Basketball Association in attendance four out of the past five seasons. The Hornets' home area, the Coliseum, not only hosts this year's NCAA Men's Basketball Final Four championship, it also will host the 1996 NCAA Women's Basketball Final Four.

The Queen City has been aggressively seeking new business in recent years. Literature from the Convention and Visitors Bureau names the 14-county Charlotte region as the third largest financial center in the nation. Its $200 billion in assets leads Chicago, Atlanta and Dallas, trai ing only the New York and San Franci regions. NationsBank Corporation and First Union Corporation, headquartere here, are among the top 10 bank corpo rations in the U.S.

In 1993, 10,000 new jobs were cre ated here, the bureau reports, and Cha lotte was ranked "Number One" by Fortune magazine for "pro-business at tude" the past three years running.

Promotions claim that the area boa the highest worker productivity among the nation's industrial states, low indu trial building costs, and a lower cost o living index than Dallas, Denver, Chicago, Pittsburgh, Cleveland and Miami. Multiple Listings Service, for example, shows the average home pric here at $116,124, compared to a natio average of $130,200.

The Charlotte region, as it is dubbe in marketing promotions, includes 14 counties, with Mecklenburg at the cen bounded by the Tar Heel counties of Cleveland, Catawba, Lincoln, Gaston, Iredell, Rowan, Cabarrus, Union, Stan and Anson. The South Carolina count in the region are York, Chester and La caster. The following electric cooperat es serve parts of the region: Crescent Ele tric Membership Corporation, Pee De Electric Membership Corporation, Rutherford Electric Membership Corp ration, and Union Electric Membersh Corporation.

Watercolor Lithographs by Don Iverson

"Taking Time"

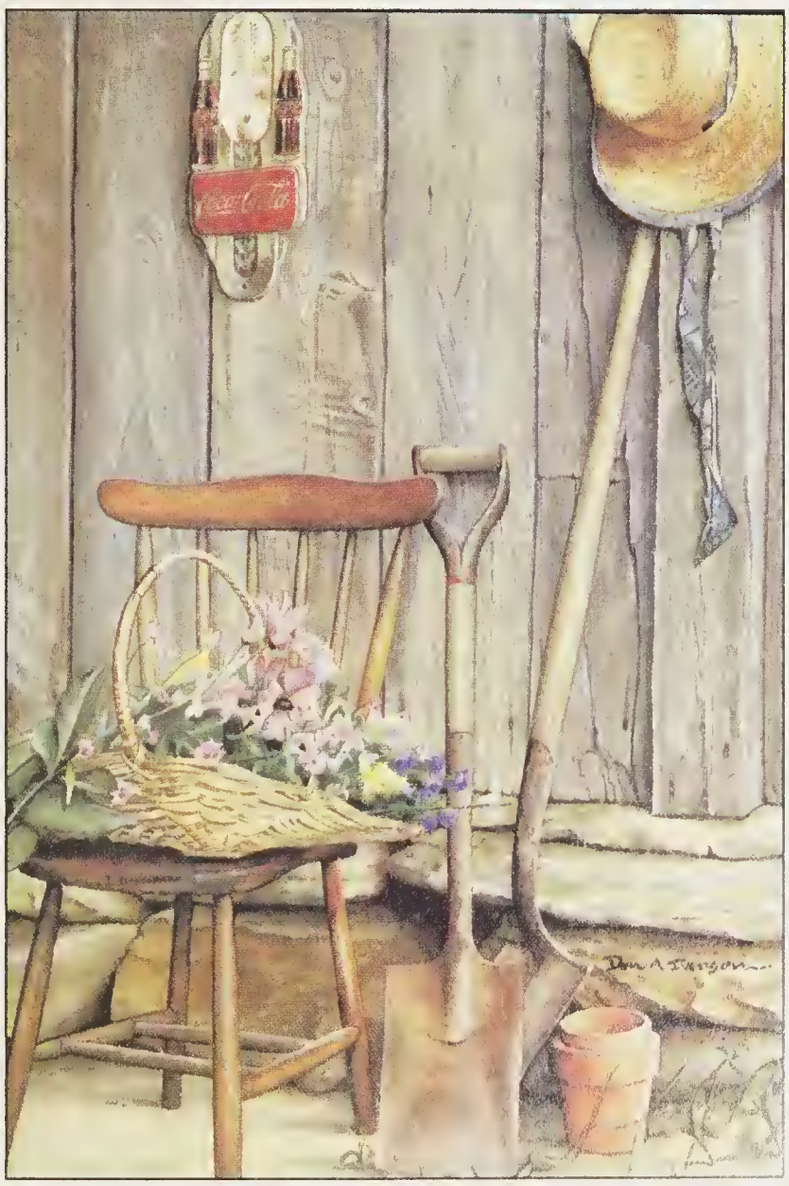
"This is St. John's Church in Valle Crucis. The title is from the vision I had of a farmer passing by the church, setting down a bucket of onions and a box of potatoes, going into the church (you see the door is open) and taking time for prayer. . . . People in the Valle Crucis area know this church. I'll bet more than a few Carolina Country readers were married here."

The print measures 18 by 24 inches. The edition print sells for $1,000, the lithograph sells for $50. Add 6 percent sales tax in North Carolina, plus $5 for shipping.

"Gramma's Gift"

"This is a collection that reminds me of my Gramma, but it uld be of anyone's grandmother. It combines her delicate auty seen in the flowers, and her work ethic seen in the nd tools."

The print size is 16 by 20 inches. The edition print sells for 20, the lithograph for $55. Add 6 percent sales tax in North rolina, plus $5 for shipping.



Don Iverson was raised on a farm outside of Sweetwater, Tenn., and is a self-taught artist. He lives with his wife and three children in the Blue Ridge Mountains town of Banner Elk and has a gallery in the red caboose downtown. Their home is served by Blue Ridge Electric Membership Corporation. To order prints, contact Don Iverson, Route 1, Box 205, Banner Elk, N.C. 28604. Phone: (800) 852-6479.

March is a good time to plant seeds for the gourds that make effective nesting sites for martins.

Purple Martins in North Carolina

By Dave Wayman

Purple martins have been a fixture of North Carolina farm life from the time when the only farmers were Cherokee squaws who worked the soil in small patches around Indian villages.

Hundreds, perhaps thousands of years ago, Indians discovered that they could attract purple martins to their villages by hanging gourds on poles. These insect-eating little songbirds were welcome guests at the villages and offered the first North Carolinians many benefits.

Martins tend to return to their nesting sites at the same time each year, which provided Indians with a calendar of sorts. Their noisy chatter at dawn in spring doubled as an alarm clock for the village.

Martins somehow recognize humans that belong around their nesting sites and raise a fuss when strangers approach. In this regard, they served as watchdogs for the tribes.

If crows, buzzards or hawks get too close to their colonies, martins give chase en masse. For people who may have kept venison and other meat hanging in trees, martins provided an invaluable security service against aerial theft. And, of course, the eating habits of insect-loving martins helped to keep flies, mosquitoes and other insect pests in check around village sites.

European settlers were quick to recognize a good thing when they saw it, and martin houses and gourds became a fixture of colonial life.

Maintaining martin colonies

The fascination with these songbirds continues to this day, and an estimated one million people in the United States and Canada maintain martin colonies.

The Tar Heel branch of the martin tribe is currently holding its own, according to a study of martin populations using data from the U.S. Fish and Wildlife Service. It shows that North Carolina is one of seven Southern states registering a statistically significant increase in martin populations.

"North Carolina's populations are healthy," says James R. Hill 3rd, executive director of the Purple Martin Conservation Association, a non-profit organization studying martins. "But most states in the northern half of the purple martin's breeding range have noted declines in numbers of breeding birds."

Because of its association with man, the purple martin has undergone a "tradition shift" over the centuries. As a result, it now prefers nesting cavities provided by man rather than the abandoned woodpecker holes they once used. Today even if martins wanted to go back to nesting in the wild, they find few attractive sites because of the immense loss of habitat in the eastern United States.

"The purple martin is the only native songbird in eastern North America that is totally dependent on human-supplied nesting boxes," says Hill. "Without human assistance in the form of nesting cavities, the martin would likely disap-

ear as a breeding bird throughout its astern range."

Why is the purple martin population leclining in the Northern states? Theoies vary but the most plausible explanaion is that most people don't care nough to bother with putting up housing or them.

Hill says: "It seems that farmers are ndergoing a 'tradition shift' now as well. hey are becoming more and more like heir urban neighbors in a world made maller by television. Traditions like proiding housing for martins just don't eem important enough to bother with nymore."

Also, it's not enough just to put up a iartin house. To be of help to breeding martins, it must be properly located and properly maintained—and absolutely kept clear of starlings and English sparrows. The martins will not nest where those birds have previously taken up residence.

The starlings and English sparrows, which were introduced in this country around the turn of the century, are aggressive nest-site competitors that have decimated native populations of martins.

Purple martin colonies are a valuole cultural and natural heritage for ural North Carolinians, many of whom are trying to preserve this beautiful species of songbird.

They can get support and guidance in this effort from the Purple Martin Conservation Association. It was established in 1987 to study martins, to educate people about this human-dependent species and to encourage better management of it. The association disseminates information to aid martin landlords in their efforts to help the species survive and grow.

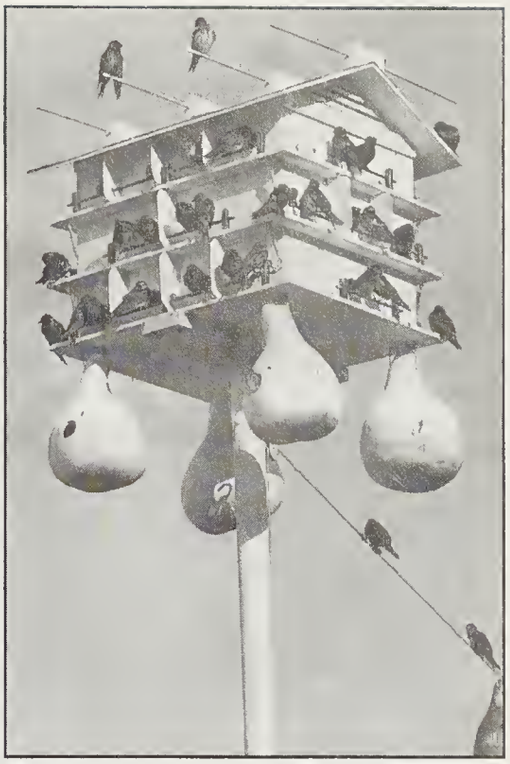
The organization is currently conducting a campaign to register all martin colonies in the United States and Canada. This would enable the organization to scientifically monitor martin populations throughout the continent. It would also enable the association to provide active landlords with timely information on new and better colony management techniques.

The martin association also provides martin gourd seed, instructions for growing them and attracting martins.

"We want to do everything we can to encourage people to put up housing for martins. If people lose interest in martins, their population levels will decrease," Hill says.

Dave Wayman of Erie, Pa. is a member of the Purple Martin Conservation Association board of directors.

mes Hill checks gourd nests for eggs and hatching activity. He can lower his gourd rack make the weekly check. Notice the different size holes – an experiment to learn what les martins prefer.



Martins begin arriving in North Carolina this month. A martin house and a properly cut set of gourds is a good way to attract them.

The Purple Martin Conservation Association

The Purple Martin Conservation Association is a non-profit organization dedicated to the conservation of the purple martin. It seeks to research all aspects of martin biology from North American breeding ranges to Brazilian wintering grounds.

The organization shares research data with the scientific community and with martin landlords, hoping that the information will help the species of songbird propagate with greater success.

To register your colony site or obtain additional information, contact the association.

For $5 you will receive a package of 30 gourd seeds and a 12-page booklet on growing gourds for martins. For $10 you will receive the 30 seeds, the booklet and a blueprint for a gourd rack that can hold up to 16 gourds. Checks should be payable to PMCA. To order, contact Purple Martin Conservation Association, Dept. CC, Edinboro University of Pennsylvania, Edinboro, Pa. 16444.

Mailbox

A selection of letters from readers.

Port O' Plymouth Museum

Fishermen at Welaka Fish and Produce Company, Mackey's Ferry, 1952.

Weeksville Woodcraft bluebird boxes

Blowing Rock draft dodgers

Your article in the January 1994 Carolina Country about draft dodgers brought back memories to me.

I learned about draft dodgers when I lived in Blowing Rock in 1946-47 and my husband worked for Blue Ridge Electric Membership Corporation. In Blowing Rock they made rather large draft dodgers and used them between the house door and the screen door (on the floor).

The best "dodgers" are made from a pants leg or the leg of a pair of slacks. Sew up one end, stuff with rags, sew up the other end, and you're in business. In this age of storm doors, I use a draft dodger inside the house door.

Mrs. Floyd Triplett
Sparta

Mackey's Ferry fishermen

Thank you so much for the magazines that you sent to me [December 1993]. I am sending a couple of the copies to my aunts in Virginia. The picture shows not only my father, but also my uncle (Daddy's brother) and their father.

Gail Hardison
Plymouth

Bluebird boxes

I recently picked up a copy of Carolina Country with an article on bluebirds and the demise of their habitat [January and February 1991]. We build bluebird boxes and have several boxes in the pasture behind our house. We have seen many bluebird pairs and their chicks over the years. It was very exciting the first year that we put the boxes out, because the birds came so soon. Now they come every spring, some time around March. Last year a few had several broods.

Our boxes are made of solid cypress and designed according to Missouri Conservation Department specifications. We sell them for $10 plus $3.50 shipping, handling and tax.

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Ancient cactus blooms again

I have every issue of Carolina Country for the year 1993 except October, which had Hank's Gardening Guide for forcing blooms on Christmas cacti. His advice worked for mine, and I need it for next year. I have my great grandmother's Christmas cactus, and I am 65, so you know it is very old. This year, following Hank's directions, it was full of blooms.

Mrs. Joe Trexler J
Lexingto

Where was it?

Did you forget the feature "Here, There, & Everywhere" in your January issue? I sure did miss it!

Mrs. Duane Heln
Peachlan

We received too few notices of January events to run "Here, There and Everywhere" that month.

Opry in Statesville

The magazine this month [February 1994] brought back fond memories of The Grand Ole Opry.

In 1939 we bought our first radio, a battery one. My Dad bought one, then n husband bought one. We had a country store, J.H. Steele, that sold anything we would want. I am sure some of the mem bers of Crescent EMC remember that store and the man.

Our second child was born February 1940, and she was nine months old whe we first got electricity. We were so happy No one had electricity in the country then. Some tried to get Duke Power to bring it to us, but they failed. [Davie EMC brought power to Mrs. Swicegood' area.] We were renting a farm from a man who had it wired. He said he wouldn't need but one receptacle.

When "The Grand Ole Opry" came on, we would listen to it over the battery radio at first. But we tried to save batte ies. When we got an electric radio, we could listen on Saturday night and sit u as long as the "Opry" was on!

The man that came on between the songs talked in a long drawl. The "Wabash Cannonball" by Roy Acuff wa one of our favorites. We loved to hear tl train. The country songs then were a lot different than the ones they sing today.

Lelia Deal Swicego
Statesvi

Other reader responses

Confederate currency

Readers have called and written about Steven Shaffer's article "Confederate Currency Has Value Now" [January 1994].

Those interested in learning the value of bills they have may contact the leading dealer in the region, Hugh Shull, who has been in the business 17 years.

In a recent phone conversation with Carolina Country, Mr. Shull said he hears from people who believe they own Confederate currency but in fact have souvenir reproductions. Most of the souvenirs are replica $1,000 notes and have the number 197 printed on them. Such reproductions are not worth anything to collectors, Shull says.

"You have to realize that the average person in the Confederacy never saw one of these notes," Shull says. "They were not that widely circulated."

For more information, contact Hugh Shull, Box 712, Leesville, S.C. 29070.

Prayers and poems

We have heard many kind comments about Owen Bishop's choice of prayer, verse and advice in his monthly "Journal." One reader asked for extra copies of "A Prayer" [January 1994] to send to her relatives.

Other readers have asked if we will consider publishing their poetry. Because of space constraints, our policy is not to publish poetry.

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Hank's Gardening Guide

by Hank Smith

Milder temperatures and longer days.

Spring gardening gets in full swing this time of year. It's a time when winter keeps its rendezvous with spring.

Most pruning should be completed, except for those spring-flowering shrubs to be pruned after they complete their show. Divide perennials if needed. Plant bedding plants and hardy vegetables. Remove any debris, broken and dead limbs, and thatch from the lawn before new growth begins.

You'll want to make the last plantings of bare-root trees and shrubs before tender new growth begins. Feed plants now to get them off to a good start. Delay tilling the soil until soil moisture is right: neither too dry nor too wet.

Lawn care

Established lawns need to receive their first mowing of the year late this month. Cut the grass as short as possible. Rake and remove all clippings and accumulated debris, unless you have equipment to "chew" the grass clippings into small bits to return to the lawn as a source of fertilizer.

Time's running out for reseeding cool season grasses as fescue. All lawns will benefit from an application of fertilizer, except centipede.

Feed camellias

As camellias complete flowering, fertilize with a special camellia-azalea fertilizer at the rate recommended on the container.

Apply fertilizer uniformly under the branch spread. Then, water plants well unless there is a soaking rain.

Annual display

Seeds of some annual flowering plants may be sown directly into the well-prepared flower bed outside. Among these are sweet alyssum, strawflower, amaranth, poppy and cornflower (bachelor's button).

Other bedding plants may be started indoors for later plantings outside.

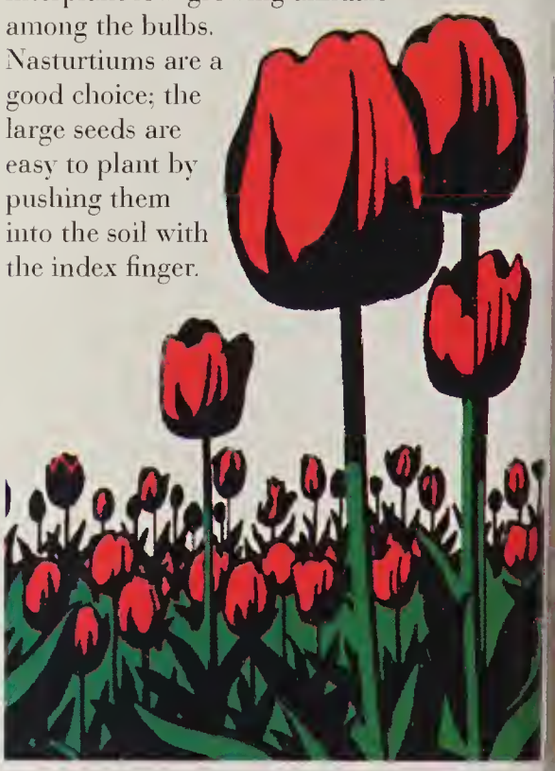
Late this month or early in April, such slow growing annuals as verbena, candytuft, gaillardia and rudbeckia will be available in garden centers.

If available, you can continue planting pansies, violas (Johnny-jump-ups) and snapdragons. They will be dependable sources of color until truly hot weather arrives.

Bulb care

When spring-flowering bulbs have completed their burst of spring color, fertilize with a little bonemeal or superphosphate to ensure quality blooms next year.

Remove the bulb foliage only after it matures. To help mask foliage as it dies back interplant low-growing annuals among the bulbs. Nasturtiums are a good choice; the large seeds are easy to plant by pushing them into the soil with the index finger.



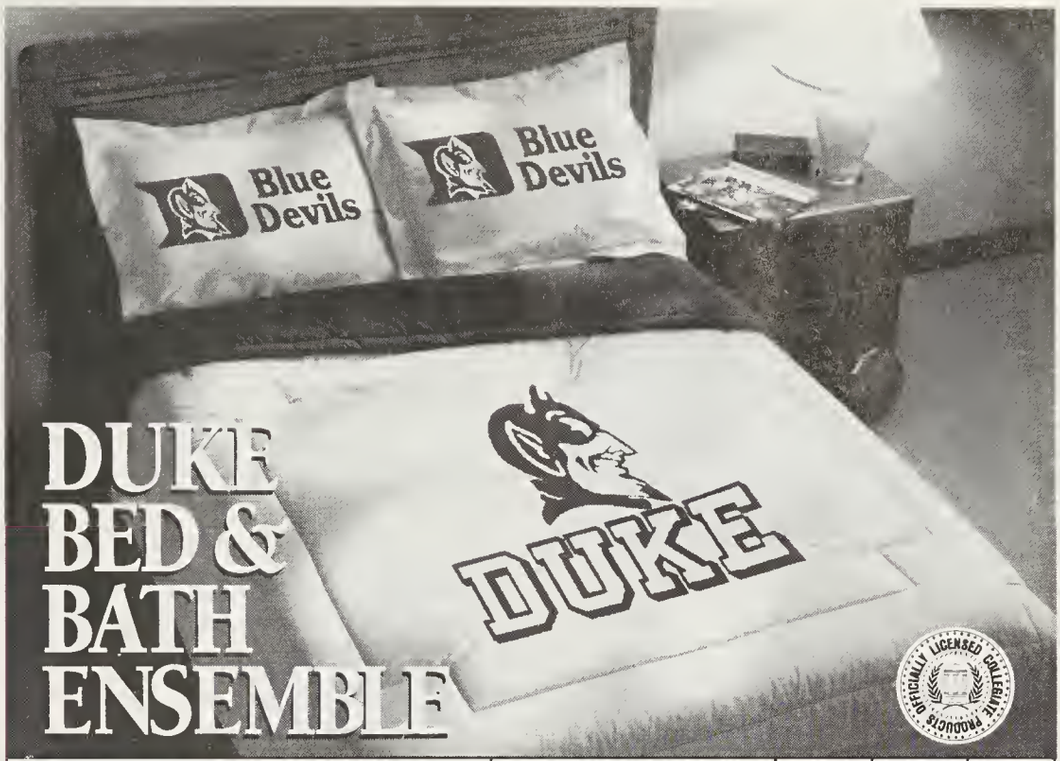
Vegetables

As soon as weather permits the soil to be worked, sow seeds of the following directly into the garden: leaf lettuce, mustard, turnips, radishes, beets, spinach, cucumbers, carrots, squash, beans, okra, corn and other onion sets.

Wait another month for the soil to warm up before planting seedlings of tomatoes, peppers and eggplant.

Springboarding into spring

1. Cut back mondo grass and liriope before new growth shows.
2. Replace mulch around roses. Apply old cow manure if available.
3. Divide large clumps of perennials such as daylilies, ferns and hostas.
4. Apply pre-emergence herbicides to lawns for crabgrass control.
5. Fertilize trees and shrubs.
6. Prepare new beds for shrubs and perennials.
7. Get a soil test done.
8. Remove spent flowers (deadheading) from spring-flowering bulbs. But leave the foliage to nourish the bulbs.
9. If you don't have a compost pile, it's good to start one for beneficial organic matter to use in the garden.
10. Check garden hoses, tools and equipment to make certain all are in good shape and working order. Get set for heavy gardening activity soon to come.
11. Repot houseplants, using ground pine bark mixed with potting soil.
12. Purchase sprays and dusts to have on hand for control of plant diseases and insects soon to appear.
13. In selecting flowering shrubs and perennials, purchase a range to include some that bloom in spring, summer, fall, and winter (a limited choice). This spreads out the season of garden color.
14. Do not walk on newly worked soil to avoid compacting.



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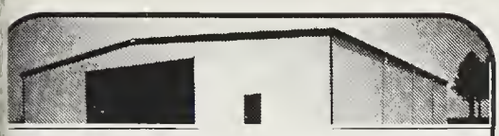

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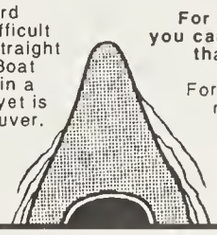

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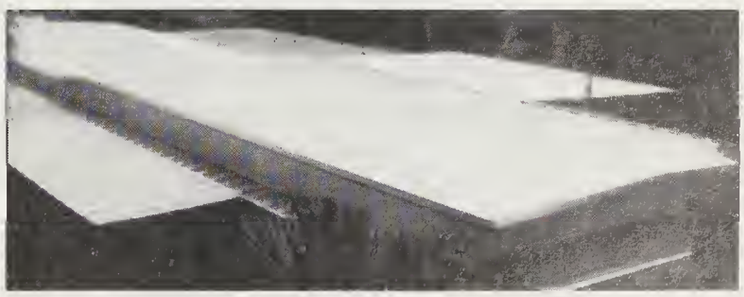

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Journal

by Owen Bishop

Volume lists 3,600 great animal companions.

Despite fall from grace, the First Pet is listed in new Who's Who

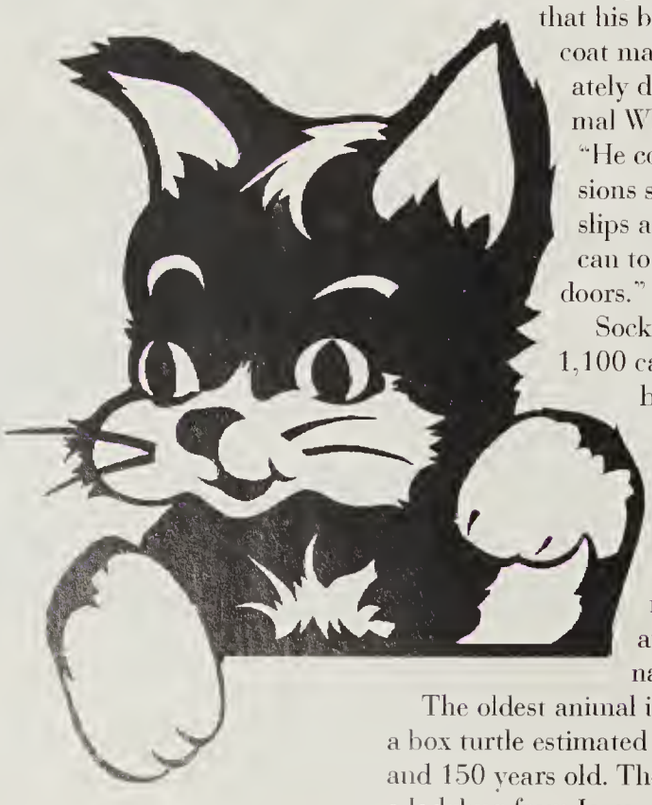
Socks Clinton, now banished to the White House basement for conduct unbecoming the nation's First Pet, may no longer be the darling of the media but he hasn't completely escaped the public spotlight.

The celebrity cat managed to earn a spot in the new edition of "Who's Who of Animals," which has just been published by John Breen of Durham. Our January 1993 column included excerpts from the first edition, a collection of 1,200 brief biographies of "great animal companions." Animal lovers from 50 states and several foreign countries prepared the bios.

The book caught the attention of several major media outlets. The New York Times described it as a "classy addition to your home reference library" and USA Today called it "an epic."

The notoriety helped to generate 2,400 new listings for the book's second edition, expanding the hardcover volume from 340 pages to a hefty 659.

The new edition's entry on Socks Clinton says he was a shy, unassuming cat who "didn't let his fame go to his head" once he moved to Washington. Written before his fall from grace, the bio noted that his black-and-white coat made him appropriately dressed for any formal White House event. "He considers these occasions stuffy, however, and slips away as soon as he can to go hunting outdoors."



Socks is one of about 1,100 cats listed in the new book, which also includes bios on several non-traditional pets: armadillos, lizards, bugs, mules, rats, skunks and weasels, to name just a few.

The oldest animal included is Ticker, a box turtle estimated to be between 100 and 150 years old. The smallest is Fred, a ladybug from Iowa who needs no pet food. The largest: Ms. Mouse, a moose from Wyoming.

Among the other colorful critters profiled are Rocky Balboa Shambaugh, "whose fondest wish is to spend five minutes alone with the mailman in a locked room;" Lord Eaton, whose name came from the expression, "Lord, is he eatin' again?;" Melvin, a talented magician's rabbit who does "sleight of paw" card tricks; and Tonee, who often wears a bandanna saying, "Ah, Go Fetch It Yourself."

Among the 130 or so entries from North Carolina, you'll find these two distinguished creatures:

- Sindas of Durham - A 5-year-old cat who was rescued from the Durham County Pound. Her owner explains that her name means "saved" in an African language. "In the mornings she follows me around the house while I get ready for school. She has used two of her nine lives: one, she was bitten by a copperhead on her neck, and two, she trapped herself in the engine of my car."

- Boo Master Randall of Winston-Salem - This black male dog describes himself as the offspring of "white trash" parents. He says the scars on his face are from a "Hood war with my bro Bang Randall when I was a pup." Now that he's "a big homey," he says nobody's going to push him around and he "ain't scared of nothin 'cept thunderstorms." He adds: "My flygirls call me Sweet Boo cause I love them so much. Next time you come to the hood, drop in and check out the Boo Man —I be stylin' and profilin'."

Publisher Breen, an accountant who developed the Who's Who to offer pet lovers a way to publicly recognize their animals, is already working on the third edition of the book. It'll differ from the first two in that photos will be used to illustrate the bios.

"This should open up a lot of new possibilities for us," he said. "I expect most of the pictures will be rather humorous."

Both a photo and a bio can be submitted for the 1994 edition for a fee of $20. The books will be available for $69 each. Entry forms are due by May 31. To obtain an entry form, write to Breen at Who's Who of Animals, P.O. Box 2820, Durham, N.C. 27715.

Major Improvements To Health Care Plan

"There will be no rate increases for the 1993-94 rating period," stated Grange Master Robert H. Caldwell, "and additional benefits are also being added to the Grange BCBS plan!"

Effective September 1, 1993, the Grange Plan will include:

- Parent/Children Certificate (P/Ch) to save premium dollars
- Accidental Death & Dismemberment that includes automobile accidents
- Full policy benefits for covered college students while outside their home area
- A "Wellness Benefit" that pays up to $100 for each covered adult's routine medical exam
- Health Track book to provide health tips to save you money
- Extended Emergency Care treatment period extended to 72 hours from time of an accident
- Four deductibles to meet your needs and reduce your premiums.

Sample Grange Rates Based on PPO Network of BCBS of North Carolina:

PPO
Monthly Rates
September 1, 1993 - August 31, 1994

Age		$200	$500	$1000	$2500
35-39	Ind.	128.50	109.05	92.00	71.75
	P/C	176.95	150.10	126.65	98.80
	P/CH	225.40	191.15	161.30	125.85
	Fam.	319.15	270.70	228.40	178.15
40-44	Ind.	133.20	112.90	95.25	74.30
	P/C	181.55	153.95	129.90	101.35
	P/CH	229.90	195.00	164.55	128.40
	Fam.	320.70	272.60	230.05	179.45

For more details or information on how you might qualify for this improved health care insurance, contact your Grange agent or the Grange office at:

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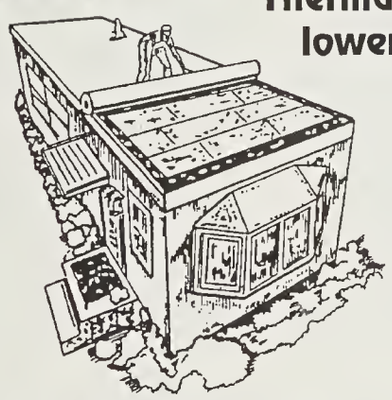

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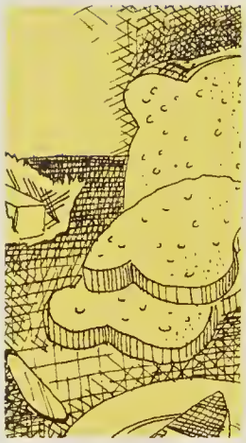


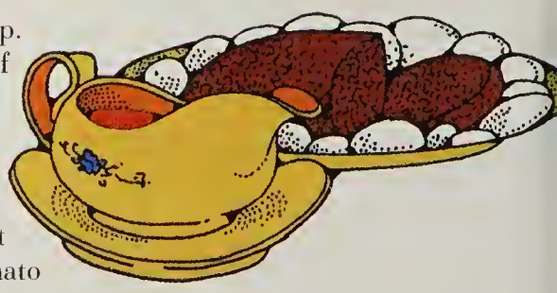
"This also works well for meatballs."

Company's Coming Meat Loaf

Submitted by Jolene M. Willard, King

¾ cup Pepperidge Farms Stuffing Mix
1 cup milk
2 pounds ground beef
2 eggs
¼ cup chopped green pepper
½ cup chopped onion
1 or 2 tablespoons Worcestershire or A-1 Sauce
¼ teaspoon salt
Ketchup

Mix all ingredients except ketchup. Form into a loaf. Cover bottom of baking dish with ketchup (about ½-inch deep). Place in preheated 350-degree oven and bake approximately 1 hour. The ketchup and juices from the meat blend and make a wonderful tomato sauce to serve over meat loaf.



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1994 EMC Annua Meetings Calenda

March

19 *Edgecombe-Martin Coun*
Registration:12 Noon
Headquarters Building, Hwy. 33, Tarboro
Business Meeting:1:30 p.m

24 *South River*
Registration: 6:00 p.m.
Cumberland County Memorial Auditorium, Fayetteville
Business Meeting: 8:00 p.

25 *Jones-Onslow*
Registration: 5:00 p.m
American Legion Building, Onslow County Fairgrounds, Jacksonville
Business Meeting:7:00 p.

25 *Wake*
Registration: 6:00 p.m
Wake Forest-Rolesville High School Auditorium
Business Meeting: 7:30 p.

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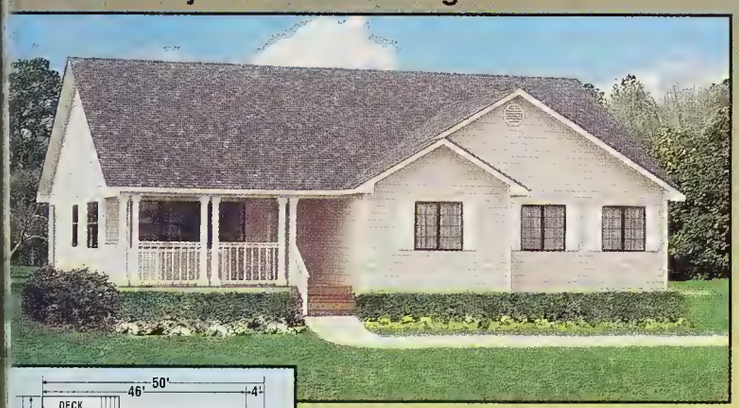

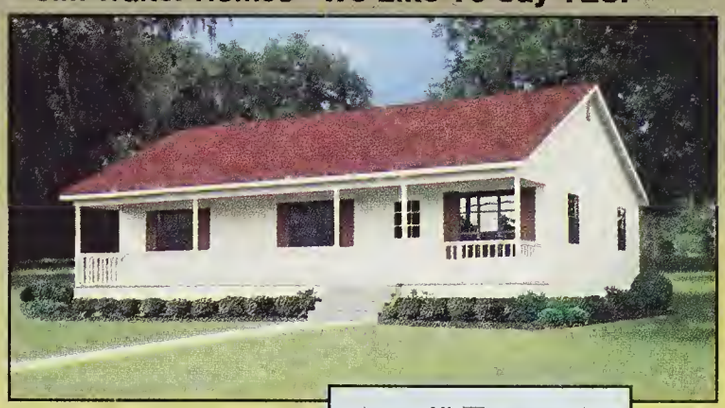

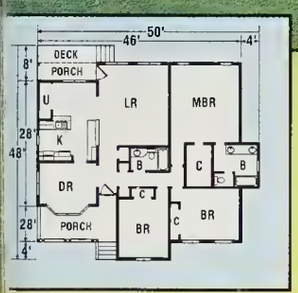

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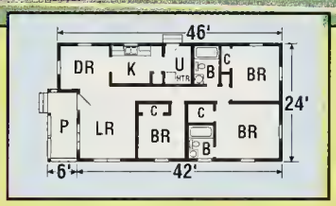

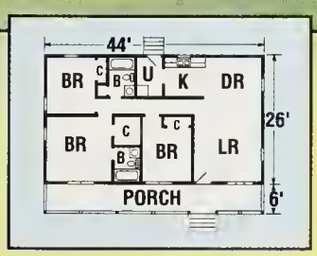

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